

Aldridge Running Club - Clubnight Routes

November 2018

Date	Distance	Route		Meeting Point
06/11/2018	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Winter 4 Miles		On the carpark
	6 Miles	Chester Road 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
13/11/2018	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Mile	Winter 4 Miles		On the carpark
	6 Mile	Chester Road 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
20/11/2018	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Laburnum Road 4		On the carpark
	6 Miles	Mellish Road 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
27/11/2018	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Laburnum Road 4		On the carpark
	6 Miles	Mellish Road 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House